

Health Works

By Team Darnall

Patient info print out available

Carl R. Darnall Army Medical Center utilizes an automated patient information system to store and communicate patient medical information to our health care providers. Documents such as encounters, laboratory tests, and X-ray reports may be printed when you are planning to visit a health care facility with no capability to access our system. All Army Military Treatment Facilities are able to view documents effective Oct. 31, 2006, therefore, there is no longer a need to request hard copies prior to your departure.

All active-duty personnel must contact your respective records maintenance facility to make an arrangement to update their record in advance of ETS and retirement:

Bennett Health Clinic	618-8117
Copperas Cove Clinic	542-3080
Monroe Health Clinic	618-8811
Outpatient Records (CRDAMC)	288-8160/8161
Pediatric Clinic	286-7641
Thomas Moore Health Clinic	285-6352
TMC 10	287-8824
TMC 12	681-8657

You are welcome to ask questions or express concerns to any medical records personnel regarding this change.

Advisory Counsel meeting

Carl R. Darnall Army Medical Center's Advisory Counsel meets every third Wednesday of the month at 1:30 p.m. in the Headquarters Conference Room. Representatives of each major subordinate command, retiree organizations and Fort Hood community members are encouraged to attend to learn more about CRDAMC and its services or simply bring information to the commander's attention. The meeting is chaired by Col. Loree Sutton, CRDAMC commander, and staffers including the command sergeant major, deputy commanders and other principal members. If you have a particular topic or question to address, please call Ms. Lisanne Gross, chief, Clinical Operations Division, 288-8475 or Lisanne.Gross@amedd.army.mil

Radiology/Nuclear medicine exams

Patients can now go to Carl R. Darnall Army Medical Center's Web site at www.hood-meddac.army.mil to pull patient instructions for Radiology and Nuclear Medicine exams. They can also pull the MRI screening form needed for MRI (this needs to be filled out and faxed back) to be scheduled. This ensures MRI compatibility and lessens the chance for cancellation.

Once the patients have these instructions they can call our centralized scheduling number in Radiology 286-7178 (option 1 for scheduling). This number is for MRI, CAT scan, Ultrasound, Mammography and Fluoroscopy exams (some exams may require patients to come in and pick up prep or contrast needed prior to exam). Nuclear Medicine appointments are scheduled at 288-8290.

Trauma Awareness Month

Since National Trauma Awareness Month is observed in May, the American Trauma Society is educating senior Americans and those who love and care for them, on how to reduce the risk of falling. Everyday an estimated 8,000 people turn 60 and by 2012 nearly 10,000 people a day will turn 65. The greatest risk of injury for seniors is falls. Falls are often preventable.

Carl R. Darnall Army Medical Center emphasizes the following for seniors:

- O Daily exercise -- to maintain balance, strength and flexibility
- O Grab bars in bathrooms
- O Non-skid rugs
- O Handrails on stairs
- O Wear thin, non-slip soles shoes
- O Review medications

The Web site for the program is: www.amtrauma.org and the E-mail is info@amtrauma.org

Tobacco Cessation (Stop Smoking/Dipping) Class

We offer a three-step program towards freedom from tobacco use. The first is a one-hour “Getting Ready to Quit” orientation class, followed by a one-on-one appointment to get you started and then support group and/or one-on-one follow-up until program completion. Call Health Promotion at 288-8488 to schedule the class.

Upcoming Class: June 6 at 10 a.m.

Back Class

The physical therapy clinic conducts a back education class twice a month in the hospital’s auditorium located on the basement floor. The class covers proper lifting techniques, the importance of correct posture, common causes and prevention strategies for neck and back pain, and basic stretches and exercises for the neck and back. Your health care provider may refer you to the back class or you can self-refer by calling central appointments at 288-8888.

Upcoming Class: June 6 at 1 p.m.

Diabetes Classes

“Target Diabetes” is a self-management program offered through Carl R. Darnall Army Medical Center. It helps teach you the skills and knowledge necessary to take charge of your diabetes and your lifestyle. The program helps you to get the most out of life by involving you and your family in education that emphasizes the value of controlling blood sugar levels.

“Target Diabetes” is a series of four, half-day sessions on Friday mornings. Call the Population Health Center staff 288-8136 for more information.

Upcoming Class Session: Fridays, June 8 and June 22 at 8 a.m.

Healthy Hearts

The Nutrition Clinic offers user-friendly information in a positive environment on how to lower your cholesterol and/or blood pressure without drugs (or reduce your medication dosage). Lifestyle changes can make a big difference! A recent laboratory test and health care provider consult is preferred, but we also take self-referrals. Call the clinic at 288-8860 to enroll.

Upcoming Class: June 8, June 15, June 22 OR June 29 at 1:30 p.m.

Active-Duty Weight Management

Do you find yourself struggling to avoid exceeding the Army's Body Fat standards or find that you have put on some extra weight recently? The “Weigh to Stay” program will show you how to maximize your metabolism and burn the fat, while continuing to enjoy your personal or cultural food preferences. Self-referrals are welcome

for active- duty Soldiers trying to manage their weight. Don't wait until APFT time! Take action now -- call 288-8860 to sign up for a class.

Upcoming Classes: Thursdays, June 7 and June 21 at 2:30 p.m.

May is:

National Osteoporosis Awareness and Prevention Month: www.cdc.gov

Mental Health Month: www.nmha.org

Asthma and Allergy Awareness Month: www.aafa.org

American Stroke Month: www.americanheart.org

National Physical Fitness and Sports Month: www.fitness.gov

***HealthWorks* Tip of the Week...**

“Osteoporosis: It’s Beatable, It’s Treatable

Osteoporosis, or bone loss and weakening of the skeleton, is a preventable disease for most people, if they take the necessary steps throughout their lives. Contrary to popular belief, osteoporosis is not a disease of old people, and if steps are not taken, bone loss occurs early in life, long before symptoms of the disease. It is important to practice prevention at every age.

Tips for healthy bones:

- Eat a balanced diet rich in calcium and vitamin D
- Perform weight-bearing exercise
- Practice a healthy lifestyle with no smoking and limited alcohol intake

With menopause, women begin to lose bone mass more quickly placing them at increased risk for osteoporosis. They can lose up to 20 percent of their bone mass in the five to seven years following menopause. Other things that may put you at risk include frequent use of oral steroids, smoking, lack of exercise, and advanced age. Talk to your primary care provider about your risk.

We are in a new era of preventing, detecting and treating this disease. In the past decade, painless diagnostic tests have become available, in addition to several medications to prevent and treat this disease. Osteoporosis is highly preventable and treatable, especially if caught early.

For more information check out www.nof.org

For more information on Team Darnall, our services and up coming events, visit our Web site at <http://www.hood-meddac.army.mil>

For information on TRICARE services, log on to <http://www.tricare.osd.mil/>